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Health - The Meth Medicine Cabinet

Discussion in 'Methamphetamine' started by Waiting For The Fall, Apr 21, 2014.

★★★★★

21 votes

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Apr 21, 2014

#1



Waiting For The Fall

Palladium Member

Donating Member

Reputation Points: 3,705

Messages: 907

Joined: Jul 27, 2013

73 y/o from Texas, U.S.A.

This is a Reference Guide and is quite long, but the information provided will help you remain healthier and your body will thank you for it.

Some people want meds to take the unpleasantness away after using methamphetamines. Others want to take “something” to keep from getting the same reactions before using **meth**. The wiser will be the second group. For those of you who know little or nothing about the upkeep of your body and what **meth** is doing to it: There is NO magic pill.

Obviously, we can't cover every condition or medical problem associated with using **meth**, but we can give you an essential guide to using the basics of vitamins, minerals and even herbal supplements that can be used preventatively, during and after use.

We won't discuss any chemicals that may be found in other sections of Drugs-Forum dealing with bringing down the high, forcing sleep or in any way induces the body to react in a manner you might like it to. We are not polyusers and don't subscribe to it. Combining uppers with uppers, or uppers with downers can become quite dangerous—and that is not **Harm Reduction**.

The use of **meth** causes a rapid chemical change in the mind and body, and the body reacts to it as a toxin, which it is. Our idea is to reduce the damage caused.

Preparation for a **meth** session is extremely important. If the body is not ready for this onslaught, the damage comes on faster and with more force. Two things we might not find in the medicine cabinet, but more likely the refrigerator, are the essentials you need, in liquid and solid form.

Keeping the body hydrated is the #1 rule. What does this mean? Simply making sure we have consumed enough water and metabolites, and continue to do so, while **meth** does its thing. Water is the base liquid, but the addition of metabolites such as potassium and sodium, are critical to maintain your body's fluid, regulate blood pressure and heart function. Sports drinks are recommended by many.

Once **meth** enters the body, it's a fight for survival and blood is routed to the organs that cleanse the body. The blood has to be moving fast—free-flowing—and that means it's not sticky and dehydrated. Those organs need to remain healthy to do the job at hand and survive while doing it.

Eating. A nutritious diet of fresh fruits and vegetables, as well as high protein foods such as red meats will give your body the majority of vitamins and minerals you need to keep you healthy. Fatty foods such as French fries and deep-fried cheese sticks do not contain them.

homogenized milk, including a good workout regimen in the sun? Most people don't, and that's why you need a multivitamin.

Many **meth** users have asked what kind of a multivitamin they should take. If you research them on the internet, it seems the ratings on each chart are somewhat dependent on who is sponsoring the charts of the best. I've looked around, read **reviews**, and come up with two that actually rate somewhere better than the middle of the charts and aren't that expensive. Just remember: take one per day, and only one.

For Men: **Centrum Silver Men 50+**. The experts say you should ignore the "men 50+," because the combination is correct for any male. These multis don't contain any iron and you already get enough from your food. Go to the Centrum Silver website and get a \$3.00 off coupon for them!

For Women: **One-A-Day Women's** contain the amount of iron needed for premenopausal women, in addition to the other essentials you should find in a multi. Go to the One-A-Day Women's website and get a \$1.00 off coupon!

While included in the multis, there is one other vitamin that needs to be increased in the **meth** users' diet, as well as those who also smoke cigarettes. It is **Vitamin D3**. You need vitamin D3 to properly absorb calcium. **Meth** leaches the body of calcium and it's vital you maintain blood calcium levels. You also need D3 to help your body continue to build strong and healthy bones all throughout your life. It also can reduce inflammation and hold your immune system in check. The most natural way the body gets Vitamin D3 is from the sun. Milk is also fortified with Vitamin D3. But since you didn't drink your milk and didn't go outside to exercise in the sun, you really need these. I take one 5,000I.U. soft gel every day.

The next bottle on the top shelf is **Calcium, Magnesium & Zinc**. Even though they are already included in your multi (but only at 25%-30% of daily recommended value for Calcium and Magnesium), the way **meth** uses these minerals up, you really need more. **Calcium**, of course, builds strong bones, but it also makes muscles move and contract, allows nerves to carry messages, keeps blood vessels throughout the body healthy, and *helps neurotransmitter release!* If you know and love **dopamine**, then you know how really important this is. Unless you are on a heavy fig and rutabaga diet, then you need this supplement.

Magnesium is important for the functioning of your heart, muscles, kidneys, and balancing other nutrients such as calcium and potassium. It also improves blood pressure. Once you know what the deficiencies of magnesium cause, you will ask no more questions. They are: **anxiety**, weak bones, low energy, weakness, inability to sleep, PMS and hormonal imbalances, irritability, nervousness, headaches, *abnormal heart rhythm*, *muscle tension*, *spasms*, *cramps*, and *fatigue*. Now get this—one of the biggest complaints we have—TEETH CLENCHING, or **Bruxism**, is also a Magnesium deficiency. And it seems the magnesium does a better job resolving it when it has a fresh supply of calcium helping it.

Zinc helps you maintain a healthy immune system and fights *infections*. (Take note, IV users.) Zinc is necessary for the functioning of more than 300 different enzymes and plays a vital role in an enormous number of biological processes.

What a one-two-three knockout punch these guys have. And only two tablets a day will take care of all these things for just pennies.

Potassium Gluconate. I think I was taking these tablets before **meth** was invented. Potassium is an electrolyte (along with sodium), which is why I encourage people to use sports drinks, as they are included. The potassium helps regulate (lower) blood pressure and heart function. As you know, when using **meth**, your blood pressure skyrockets, so why not help curb the possibility of a stroke? As a matter of fact, there was a Harvard study that showed taking potassium supplements along with a diuretic (yeah, give me a couple of those potassiums with a cup of **coffee**), reduced the incidence of a stroke by 60%. Potassium is what makes our cardiovascular and nervous systems function. I've found it also works with magnesium to prevent cramping, and it aids during the recuperation part of your **meth** escapades.

Another form of potassium supplementation is **Potassium Citrate**, which in capsule form, is a lot easier to swallow than the gluconate tablets. In either case, they contain 595mg of potassium, which is slightly more than the potassium found in a medium-sized banana. Take your pick. Have one of each. But be sure to double that number over the period of a day. Potassium doesn't stay in the system for a long time. And by regulation, each tablet or capsule provides only 3% of the recommended daily requirement, but better than nothing at all and still effective. Oh, and one more very important thing: potassium is one of the prime movers, along with zinc, in elimination of wastes. That's where all of those toxins the body is trying to get rid of are hanging out. And if they hang out inside of you too long, you become a recipient of toxic buildup—not a good thing.

Those, believe it or not, are your "prepping for **meth** use" essentials. Food, drink, and 4 bottles of vitamins and minerals. And

people start taking them, it becomes almost an...**addiction**. "Horny Goat Weed sounds good. I think I'll try that along with the Horsetail Shavegrass." About \$1,000 later and a cabinet full of supplements, these people realize all they are doing is taking supplements. They can't even remember the last time they cooked a meal. So, let's not get too carried away and fill the shelf too full.

Another point of view involves human nature. If we make a list of things to take every day that is too long, because of the hassle and time involved, a lot of people will fall out of the program. However, if we have simply the essentials that will do the job, the tablets or capsules can be assembled and swallowed in less than a minute.

My first two personal picks not only are helpful when using **meth**, but also fulfill a couple of other needs I have. The first is **L-arginine**. It's a dietary supplement that produces Nitric Oxide (NO). Nitric Oxide should not be confused with **Nitrous Oxide**, the laughing gas. But it's still a gas and what it does is enter the bloodstream and drop off these little bubbles on the insides of the vein walls, stretching them out, making them wider. My primary use is because I have a slight **high blood pressure** condition, and it allows the blood to flow smoother. But, if you're a **meth** user, too, you might have figured out it works against **vasoconstriction**, or tightening of the veins. Many men cope with **vasoconstriction** when high. The more **meth** they use, the tighter the blood vessels, until no more blood can get through to make an erection. Relief is possible with just a couple of capsules a day, two times a day. Also, for IV users who have a difficult time finding veins, I have discovered that as the veins plump a little, they also become more visible in some areas.

The next supplement is **HGH Dopa 400**, also known as **mucuna pruriens**. I don't bother with the HGH (human growth hormone) efficacy as it is small, even if true, but the plant material ground up and put in these capsules is full of L-dopa, a precursor to making **dopamine**. Now why would anyone want their brains to produce more **dopamine**? Besides the fact I'm getting a bit old and maybe the **dopamine** production isn't as good as it used to be (normal), maybe I just don't want to run out of **dopamine** when I'm high and want to stay that way.

The next couple of bottles contain supplements that are popular, and effective.

Omega-3 fatty acids. Omega-3s are not produced by the body and naturally are derived from eating fish. Research shows that omega-3 fatty acids reduce *inflammation* and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for *cognitive (brain memory and performance)* and *behavioral function*. It may also assist in controlling **high blood pressure** and, in people with Bipolar disorder, reduce mood swings. Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, *dry skin*, heart problems, mood swings or **depression**, and *poor circulation*. Daily dosing should be based on the amount of EPA (180mg) and DHA (120mg) acids, not total amount of fish oil.

Coenzyme Q10, or CoQ10 vitamin supplement, is naturally made in the body, but sometimes (especially with aging) the necessary levels of this enzyme-protein that speeds up the rate at which chemical reactions take place in the body, drop to below what is considered normal. CoQ10 can *enhance blood flow and protect the blood vessels*. This mechanism is related to nitric oxide preservation, as seen with Grape Seed Extract, Pycnogenol, and Resveratrol. COQ10 can reduce the damage oxidized Low-density Lipoprotein (LDL) can do to blood vessels, as well as reduce plaque buildup in the arteries. Its main function, however, is as an antioxidant. The antioxidant function of CoQ10 appears strongest in reducing *neurological damage* or decline, including that of **dopamine neurotransmitters**. My next door neighbor, who is 83, says this is the closest thing to a miracle **drug**. Do you want to live that long? My answer is that I take this stuff. Since it is fat-soluble, I take it at the same time as my Omega-3. Daily dosage is 200mg-600mg.

At this point in time, I am satisfied with the above list. The dietary regimen that we started off with, along with these vitamins, minerals and supplements, are really the glue that binds in keeping our bodies whole, especially for the **meth** user. They are also the most protective and restorative additions we can make without breaking the bank.

There are other supplements that seem to be common with **meth** users. Perhaps the most often mentioned is **melatonin**. This is a hormone that is found in all biological organisms, and as such, we know we produce it ourselves, in the pineal gland from the raw material Tryptophan. Melatonin regulates our internal clock and maintains the Circadian Rhythm of our body. But we know what happens when we start using **meth**. All of a sudden our internal clock is shattered and we are officially on "**Meth** Time." Depending on usage patterns and amounts, we find one **Meth** Day can extend itself past 24, 36, 48 hours and even beyond. At some point, the user may decide to end this prolonged day and get some sleep. But the **meth** is still active and sleep is hard to arrive.

Melatonin is also used by some people along with **benzodiazepines**; however there is a possibility of creating a **benzo** dependency with long term use. (As mentioned earlier, I can't talk about or recommend using uppers with uppers or uppers with downers as there sometimes are consequences that cannot be predicted.) There are also several other chemical interactions with a supplemental dose of melatonin which can reduce the efficacy of other medications you may be taking. It was for that reason, I decided not to use melatonin.

If we were to look at the lower level of the **Meth** Medicine Cabinet, we also might find other things that might be used. For instance, that bottle of **isopropyl alcohol**, which is mostly used to sterilize any areas of the skin that might be met by an IV needle, a broken piece of a glass pipe or other minor cuts and scratches. A tube of **Hydrocortisone 1% Cream** used to treat itching and small burns, and a tube of **Triple Antibiotic Ointment (Neosporin)** to be applied on a damaged area to prevent infection are a couple of great first aid musts. Not to mention only accidents that happen when doing your **drug**, think of all of those times you've experienced spun out people pulling things apart, moving things around, falling on their butts and creating minor mayhem.

What's this bottle? **Viagra!** For those men who have really serious consequences trying to get their manhood going while under siege from **vasoconstriction**, a half-tab of this stuff may do the trick. The caution is that it's trying to relax those veins while the norepinephrine release is doing just the opposite. There's a tug-o-war going on here that can stress the body, especially the heart.

Yohimbe 2000 is over there in the corner. It's a natural **stimulant**, what I call "Poor Man's **Meth**." One of the better features of this herbal product is that it actually acts as a vasodilator, while still stimulating the body. **Yohimbe** has been known as an aphrodisiac for centuries, which most likely has been based on how it stimulates. Let's say you are all out of your man-made **stimulant** but still feel ready to go that extra mile. Using one or two of these capsules may just let you make it to the finish line. But be careful, as there is a very thin line between being good and being bad. Too much of this stuff, and the nausea and other bad vibe reactions kick in, simply spoiling the moment.

Sitting up behind the **Yohimbe** bottle are a couple of sanitary wrapped **prophylactics**. They are there as a reminder that **meth** users, as a group, become a pretty high percentage of people who spread STDs, HIV/AIDS, and other infectious diseases along with assorted cooties, which are not the same as **meth** bugs.

Below the **Meth** Medicine Cabinet, there's a basket full of goodies. Let's investigate. I see a couple of toothbrushes, some toothpaste and dental floss. I think we're onto something! Taking care of your teeth and mouth are extremely important, whether a **meth** user or not. But when **meth** gets ahold of your mouth, the damage can increase at the speed of light. Next to those items is a big bottle of **ACT Restoring Mouthwash**, great for restoring enamel and it helps mineral recrystallization on the teeth. Next to the ACT is a bottle of **Biotene**, a mouthwash specifically made for dry mouth. **Meth** dries out the mouth and gives you the common "**Meth** Mouth." A dry mouth means bacteria can form, causing ulcerations—mouth sores. Biotene also comes in gel form, which is designed to keep your mouth from going dry for 6-8 hours. There's also a salt shaker and an empty glass. Falling short of the commercial methods, you can always gargle with warm salt water to kill off the bacteria. Just do it more often.

Recommendations—Good and Bad

Here are a couple of items I have seen people recommend, but they come with some advisories. There are many of our multivitamins that are also sold individually as Super Paks or under other marketing names. Let's take the **Vitamin B Complex** group as one such item. And I am sure they have some benefits that your multis don't have. But the fact remains that they are already in your multis at 100% Recommended Values. Before proceeding to take the both, and therefore at least doubling recommended amounts, I would want to research them to see at what level they become toxic.

Here's another that I see recommended from time-to-time, and for the life of me I can't understand why, except whoever started this trend did not do their homework. **L-tyrosine** is abundant in our foods and we get more than enough of it without supplementation. But, it's also known to convert to L-dopa. And that's where the research must have ended. They didn't read how it also produces a lot of norepinephrine, that Dark Knight of Vasoconstriction--that bugaboo of irony created when using **meth**. But there's more. It just might be that adding the supplement puts you over the top and actually shuts down your production of **dopamine**. That's what L-tyrosine can do in larger amounts.

Some people simply cannot eat when high, due to other conditions they may suffer, or their own body chemistry. There is an alternative in liquid form that you can use to replace the solid food. Many **meth** users prefer to use **protein shakes**, such as Ensure.

taking too many vitamins is not going to get you high, but it might get you sick.

There's still more room in the **Meth** Medicine Cabinet. Maybe you have something you'd like to recommend. If you have something neat you have discovered and use, then let us know. But just don't name it. Tell us how it helps your body, if there are any contraindications, and if there are any downsides to using it. You should at least be able to explain this, since you are using them.

Last edited: Oct 5, 2016

Apr 21, 2014

#2



shipfoolio

Silver Member

Reputation Points: 115

Messages: 177

Joined: Apr 6, 2014

from U.S.A.

Hey WTF, thanks for this and all your other informative posts. If I ever get half of this medicine cabinet together in my home I'll consider that an accomplishment and time well spent.

Waiting For The Fall said: ↑

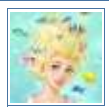
*What's this bottle? **Viagra!** For those men who have really serious consequences trying to get their manhood going while under siege from **vasoconstriction**, a half-tab of this stuff may do the trick. The caution is that it's trying to relax those veins while the norepinephrine release is doing just the opposite. There's a tug-o-war going on here that can stress the body, especially the heart.*

I'm definitely interested in giving this a try at some point, especially when I get around to getting one of those things, what are they called, oh yeah, a sexual partner.

Could you say anything more about exactly HOW stressful this is on the body? Or just how risky it is? I thought I saw where someone (maybe you?) said they take it a half hour before using. Is that what you would do? Are there different milligrams of Viagra pills?

Apr 22, 2014

#3



hemasa

Silver Member

Reputation Points: 70

Messages: 34

Joined: Aug 22, 2012

from U.S.A.

I have a myoclonic reaction to any meds that work on the histamine H1 receptor. melatonin, phenergan, benedryl, things like that. Does anyone know of a sleeping helper that wouldnt cause my legs and arms to jerk? I usually dont have much options except **benzos** and they always leave me hung over. thanks!

Apr 23, 2014

#4



Waiting For The Fall

Palladium Member

Donating Member

Reputation Points: 3,705

Messages: 907

Joined: Jul 27, 2013

73 y/o from Texas, U.S.A.

shipfoolio said: ↑

I'm definitely interested in giving this a try at some point, especially when I get around to getting one of those things, what are they called, oh

There are a lot of variables involved here: How much **meth** you have in your system, what your body chemistry is, what age you might be, what physical condition you are in, how badly the **vasoconstriction** affects you...

I suggested a 1/2 tab of Viagra to be on the safe side and see if it is enough to make a difference. There have been several remarks on the subject in various threads. Some men use a whole tab of Viagra, some use Cialis, and even without using **meth**, men who have ED need to do some experimentation to be comfortable with it. I believe there is only one dose amount.

The reason I mentioned taking the Viagra about 1/2 hour before using **meth** is to let it do its work, be ready to perform and also reduce the conflict between it reducing blood pressure and the **meth** increasing blood pressure. It's easier on the heart. However, some people have reported taking a Viagra after the fact, when the **meth** has given them dope dick.

Only you can decide what is right for you.

Apr 27, 2014

#5



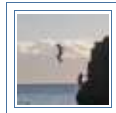
chrisnolan16
Newbie

Reputation Points:60
Messages: 42
Joined: Dec 3, 2010
from U.S.A.

Thank you. This is such an important post, this post probably saved my life- I have started taking additional supplements and stopped taking others now that I read this

May 5, 2014

#6



shipfoolio
Silver Member

Reputation Points:115
Messages: 177
Joined: Apr 6, 2014
from U.S.A.

The OP recommended protein shakes such as Ensure for those who's appetite shrinks worse than a man's penis on **meth** (paraphrase).

So I bought some before my recent twizmarmia/tweak. During the period in which I never even consider food because it's nauseating, I drank two of these chocolate flavored Ensures. They're 210 calories each and my body almost greedily wanted them.

I feel much less "floaty and spinny" than usual at this time, around 14 hours after last dose, however other factors are probably involved.

In sum, a hearty second to WFTF's protein shake recommendation. Harm-reduction strikes again.

May 22, 2014

#7



Waiting For The Fall
Palladium Member **Donating Member**

Reputation Points: 3,705
Messages: 907
Joined: Jul 27, 2013
73 y/o from Texas, U.S.A.

shipfoolio: I'm glad you used one of the tips and it paid off for you. I've read in several posts, from time to time, that some people

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May 22, 2014

8



j8Jr

Silver Member

Reputation Points: 265

Messages: 187

Joined: Dec 28, 2012

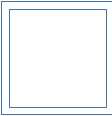
from earth

Hemasa,

I recommend checking out **kava kava**, GABA, and Valerian root as possible sleep aids. **Kava kava** works on a lot of different levels in the brain, not sure if you would have any adverse reactions to it. I do not believe that GABA or Valerian root would cause any adverse effects, but remember that I'm not a licensed docto, simply an amateur neuroscientist. There's a ton of reading available for each of these substances on the web.

May 22, 2014

9



Meth Boss

Newbie

Reputation Points: 5

Messages: 43

Joined: Apr 30, 2014

from U.S.A.

j8Jr said: ↑


Hemasa,

*I recommend checking out **kava kava**, GABA, and Valerian root as possible sleep aids. **Kava kava** works on a lot of different levels in the brain, not sure if you would have any adverse reactions to it. I do not believe that GABA or Valerian root would cause any adverse effects, but remember that I'm not a licensed docto, simply an amateur neuroscientist. There's a ton of reading available for each of these substances on the web.*

Kava Kava is a good supplement if you have a diet of Lots of green, and raw veggies as well as minimal sugar drinks (all soda diet as well) and you drink lots and lots (like allot !) of water, and you must also take half (about) the recommended dose. This is because **Kava Kava** IS very hard on the liver and must be respected (this is not vitiman C, it can be dangers).

May 23, 2014

10



ianzombie

Platinum Member & Advisor

Reputation Points: 12,425

Messages: 10,089

Joined: Jun 12, 2007

42 y/o from ireland

Meth Boss said: ↑

*This is because **Kava Kava** IS very hard on the liver and must be respected (this is not vitiman C, it can be dangers).*

Can you post something to back this claim up please?

Thanks

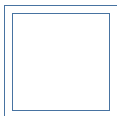
May 28, 2014

11

If **kava kava** is that dangerous what's the point of using it to treat health issues and **side effects** caused by **meth**?

Aug 12, 2014

#12



manofsteel
Mercury Member

Reputation Points: 40
Messages: 35
Joined: Apr 27, 2014
29 y/o from earth

I'd also take Alpha Lipoic Acid. IMHO it's the best antioxidant out there.

Aug 22, 2014

#13



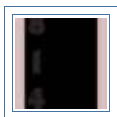
Rhetoric
Silver Member

Reputation Points: 120
Messages: 176
Joined: Aug 16, 2014
from U.S.A.

Outstanding info thanks a ton

Aug 28, 2014

#14



eight1four
Silver Member

Reputation Points: 10
Messages: 9
Joined: Feb 26, 2013
from Australia

Really helpful post thank you.

Aug 29, 2014

#15



Robstein56765
Titanium Member

Reputation Points: 630
Messages: 297
Joined: Oct 22, 2013
from U.S.A.

I have found that getting ahold of a large container of Whey Protein powder (used for bodybuilding) and making sure to drink at

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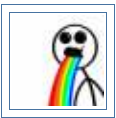
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Sep 7, 2014#16



Billings12

Newbie

Reputation Points: 0

Messages: 16

Joined: Apr 22, 2014

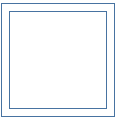
48 y/o from U.S.A.

Robstein56765 said: ↑

making sure to mix the powder using milk (for best results use coconut milk in my opinion)

Would my lady friends breast milk do?

Jan 3, 2015#17



flingapoo

Silver Member

Reputation Points:20

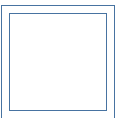
Messages: 22

Joined: Jan 4, 2013

28 y/o from U.S.A.

L-arginine will do same thing as viagra but is a cheap **amino acid** available over the counter.

Jan 7, 2015#18



sparceng

Mercury Member

Reputation Points: 51


Messages: 86

Joined: Sep 7, 2011

115 y/o from The Netherlands

There is no "safe way" to integrate Crystal **Meth** into your lives. I find this post to be quite ambiguous because for the amount of instant physical and mental damage you're doing to your brain and body, there is NO vitamin, supplement or magic pill that will reverse those effects or even minimize them. You're going to go fucking crazy if you smoke Crystal **Meth** no matter what. Just don't fucking do it and if you do, don't instill the hope in yourself that you can keep doing it if you take fucking vitamins or supplements. There is no such thing as **harm reduction** when it comes to this **drug** except for abstinence. I have seen it for myself. You might slightly improve the amount of vitamins in your system but after hitting that pipe again and again, shooting that needle putting that shit up your ass, it's all a fucking waste.

Jan 7, 2015#19



Waiting For The Fall

Palladium Member Donating Member

Reputation Points: 3,705

Messages: 907

Joined: Jul 27, 2013

73 y/o from Texas, U.S.A.

sparceng:

I don't know where your hostility and misinformation has come from. You say you've seen it for yourself, but apparently never

1. Instant physical and mental damage.
2. No vitamin, supplement or magic pill will reverse those affects or even minimize them.
3. You're going to go fucking crazy if you smoke Crystal **Meth** no matter what.
4. There is no such thing as **harm reduction** when it comes to this **drug** except for abstinence.

I, as well as many other forum members, have used **meth** without physical and mental damage. We didn't go crazy. There is **Harm Reduction** of many types. Good nutrition and supplementation helps.

Reports from North America and England have stated the fact that the majority of **meth** users come from lower socio-economic areas where there is a greater incidence of lack of proper hygiene and sufficient nutrition. An article published today in the DF Culture News, "Many People Use Drugs: Here's Why Most Don't Become Addicts" <https://drugs-forum.com/threads/260148> will support these findings.

But you will read that many people of better socio-economic status also use drugs and do so without becoming addicted. We have both types of people who are members of DF. In either case, being informed in how to take care of their bodies, whether when using drugs or not, develops better hygiene and nutrition habits. And that's really what this post, "The **Meth** Medicine Cabinet," is all about. There is no claim at all that it is a miracle potion for saving an addict from some affects of serious **meth** abuse.

For those users who have never been habituated to using these supplements, they can help at any stage of the game. There are two popular sports drinks in the U.S.--Gatorade, which labels its drinks to have the metabolites sodium and potassium. The other, Powerade, includes 4 metabolites, being sodium, potassium, magnesium and calcium. Why do these drinks contain these specific metabolites? Stresses of varying kinds use them up, whether running the 100-yard dash or toking up on some **meth**. As explained in the OP, **meth** uses up a marathon's worth of these metabolites and they need to be replaced.

I could have named this post "The Sports Medicine Cabinet" or "The Health Guru's Daily Supplements List" and much of what is mentioned can apply. The type of fortification mentioned is pretty common knowledge to many people, and for them, it's simply a reminder. For others who don't follow this type of regimen, we hope they can learn and try it out. It also happens to be what my daily supplement intake is. Those who haven't been aware of it do suffer some consequences of their vitamins and metabolites running low and report having cramps in their muscles, numb extremities and several other temporary health issues. They find relief from restoring their bodies with supplements as well as hydrating their bodies, eating and sleeping, also mentioned in the OP.

I find your claims wildly exaggerated. I'm sorry you couldn't back any of them up with facts. I'd like to introduce you to Carl Hart, Associate Professor of Neuroscience at Columbia University in this article: Hyperbole Hurts: The Surprising Truth About **Methamphetamine**. <https://drugs-forum.com/threads/238153>

Carl Hart explores [the truth about meth] in a new report that aims to separate fact from fiction on the subject of **methamphetamine**. Hart and his two co-authors—University of North Carolina at Wilmington philosopher Don Habibi and Joanne Csete, deputy director of the Open Society Global **Drug** Policy Program—argue that hyping the hazards posed by **meth** fosters a punitive and counterproductive overreaction similar to the one triggered by the **crack cocaine** panic of the 1980s, the consequences of which still afflict our criminal justice system. "The data show that many of the immediate and long-term harmful effects caused by **methamphetamine** use have been greatly exaggerated," Hart et al. write, "just as the dangers of **crack cocaine** were overstated nearly three decades ago."

Last edited: Jan 7, 2015

Jan 7, 2015

#20



Beenthre2Hippie
The Constant Optimist
Palladium Member

Reputation Points: 7,430
Messages: 5,990
Joined: May 20, 2013
from U.S.A.

Hi sparceng-

I was reading through the **meth** section and happened upon your post. I think that your statement, " You might slightly improve the amount of vitamins in your system but after hitting that pipe again and again, shooting that needle putting that shit up your

"supposed to" not get better do so everyday. That is a fact that can be proven over and over again. Therefore your statement holds little water. Further, many health professionals disagree with you fully. Here's a few links from some physicians who do believe in the power of vitamin therapy during and even sometimes after **methamphetamine** abuse recovery.

Bottom line: no one has the right to tell anyone else that they have no hope for recovering from what was a very bad time in one's life. Don't you agree?

<http://www.livestrong.com/article/314477-vitamins-for-recovering-meth-addicts/>

<http://www.balancingbrainchemistry.co.uk/73/Cocaine-Addiction-Withdrawal-with-Natural-Remedies.html>

<http://www.betternutrition.com/addiction-nutrition-diet-supplements/>

<http://www.thefix.com/content/therapies-outside-box?page=all>

Wikipedia also has an excellent article on Purification Rundown (DF rules prohibit me posting it here)

sparceng said: ↑
*There is no "safe way" to integrate Crystal **Meth** into your lives. I find this post to be quite ambiguous because for the amount of instant physical and mental damage you're doing to your brain and body, there is NO vitamin, supplement or magic pill that will reverse those effects or even minimize them.*

Last edited: Jan 8, 2015